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Page 2: PART I: PROJECT SUMMARY

**Q1**

Project Title:

Mindfulness-based Ecotherapy Group & Video Series

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**Q2**

Contact Person:

Jenna Gibson

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**Q3**

Organization (if any):

Beyond the Pines, LLC

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**Q4**

Contact Address:

606 N Beaver St. Flagstaff AZ 86001

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**Q5**

Contact Email Address:

jennagibson@beyondflg.com

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**Q6**

Contact Telephone Number:

928-255-5490 EXT 9

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**Q7**

Project Physical Address:

606 N Beaver St. Flagstaff AZ 86001

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**Q8**

Tax ID # (if an organization):

84-5168360

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**Q9**

**Public Health**

Please select your primary project category. This is the category of sustainability that your project is most closely designed to align with. Refer to the Grant Guidelines and Application Instructions to help determine the project category.

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**Q10**

Please describe the project in one to three sentences.

This project will establish a mindfulness-based ecotherapy group in Flagstaff, guided by a licensed associate counselor and a licensed psychologist, to help participants understand the psychological effects of the climate crisis, foster resilience within a supportive community, collaborate across disciplines to provide education on environmental aspects of the Colorado plateau, and immediate principles of ecopsychology and practicing mindfulness in outdoor settings. Following the group experience, a video series influenced by the curriculum will be created for wider dissemination through multimedia platforms with the aim of educating other mental health professionals and increasing access among community members who are unable to attend the group.

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**Q11**

Funds Requested (not to exceed \$7,500 total. Requests below this amount are acceptable):

7500

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## Q12

**Project Narrative:** Briefly describe the project and the positive impact it will have on the Flagstaff community. Include a statement and/or evidence for why the project is needed. Include in appropriate detail how the project aligns with the vision of the Sustainability Commission. Include the geographic area/neighborhoods/communities affected. The vision of the Sustainability Commission is: The city of Flagstaff is a culture and community that thrives in response to the climate crisis.

The project involves creating a 10-session, mindfulness-based ecotherapy group in Flagstaff to educate participants about the psychological impacts of the climate crisis, increase knowledge about the surrounding environment and enhance resilience, both as individuals and as part of the greater Flagstaff community, while also teaching ecopsychology and mindfulness principles in outdoor settings. This initiative is essential as it addresses the growing concern of climate-related stress and anxiety within the Flagstaff community, providing a valuable support system and coping strategies for impacted communities. At this juncture, no other group facilitated by mental health professionals on this particular topic exists within the town.

The project aligns with the Sustainability Commission's vision by promoting mental and emotional well-being as a fundamental component of sustainability. It recognizes that a resilient community capable of addressing sustainability challenges must include support for its members' mental health. The project's geographic area of impact includes Flagstaff and its surrounding neighborhoods and communities, offering these resources to a broad cross-section of the local population to foster a more sustainable and resilient community for citizens from all walks of life. The in-person group portion of this project will take place at a variety of outdoor locations during the 2024 spring season. Following, the project will be evaluated for its effectiveness and offered in a recurring manner throughout the year. Additionally, a video series based on the group curriculum will be adapted and created to increase both awareness and access to the content for those with limited access to the in-person group and those who are interested in learning to facilitate something similar.

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## Q13

**Overarching Goals:** All neighborhood sustainability grant applications are scored on their alignment with the overarching goals of the program. These goals include: Facilitating volunteer engagement or management, Building community partnerships, and Meaningfully involving underserved communities, diverse groups, or vulnerable populations. Describe how your project aligns with these goals. The highest-scoring projects will include activities to meet all three of these goals.

**Facilitating Volunteer Engagement or Management:** The mindfulness-based ecotherapy group relies on the active participation of local guest speakers who will volunteer their time and expertise to guide and support participants in the process of developing resilience. This not only facilitates volunteer engagement but also harnesses the power of mental health professionals, climate scientists, and experts from a variety of disciplines in Flagstaff to address climate-related psychological challenges within the community while helping group participants increase their knowledge of the surrounding environment on topics such as hydrology, geology, meteorology, social/political challenges, etc.

**Building Community Partnerships:** To create a successful program, we will establish partnerships with local environmental organizations, mental health clinics, the university, and community centers. These partnerships will help in promoting the project, offering expertise through volunteerism, recruiting participants, and ensuring its sustainability by involving a wider network of stakeholders invested in community well-being and environmental consciousness.

**Meaningfully Involving Underserved Communities and Vulnerable Populations:** The project aims to build connection for individuals who may be vulnerable to the psychosocial impacts of the climate crisis, such as those involved in climate action, those studying the impacts of climate change, and those whose livelihood and/or cultural heritage are closely tied to the land. It seeks to create a supportive space that welcomes people from diverse backgrounds and experiences, making it inclusive and accessible to underserved and vulnerable populations. By addressing mental health concerns related to the climate crisis, it takes meaningful steps to support these communities' well-being and will do so in a culturally sensitive way.

Incorporating these elements into our project not only aligns with the grant program's overarching goals but also enhances its potential to make a significant and lasting positive impact on the Flagstaff community.

**Q14**

Category-specific Objectives: In question 9, a primary project category was selected. (Food, Climate Action, Waste, Resilience, Building Energy Efficiency, Transportation, or Public Health.) Each project category has its own objectives, which are listed in the Grant Guidelines on pages 4-6. Describe how your project aligns with the objectives of the category it fits within. Make sure to address the minimum # of objectives (two) specifically. The highest-scoring projects will include activities to meet all three of these objectives.

Our project aligns closely with the objectives of the Public Health category in the following ways:

Educates or Engages Community Members on the Intersection of Public Health and Environmental Issues: The mindfulness-based ecotherapy group explicitly addresses the intersection of public health and environmental concerns. It educates participants about the psychosocial impacts of the climate crisis on mental health while fostering a deeper understanding of how environmental issues can affect their well-being. By engaging community members in mindfulness practices and providing education on ecopsychology principles, it equips them with tools to cope with these issues proactively. Lastly, the video series will offer education that reaches mental health professionals who can potentially facilitate similar groups in their own communities.

Increases Accessibility to Public Health Resources: The project seeks to increase accessibility to public health resources by providing a supportive and low-barrier platform for individuals to address climate-related stress and anxiety. By offering this program, it makes mental health support more accessible to the community, which is crucial in addressing the often-overlooked psychological dimensions of public health. Our intention is to increase access through offsetting costs, producing the group in a recurring way, and offering an adapted version of the content through video means to help reach people who may not be able to attend the in-person group sessions.

Improves Social Environmental Conditions for Better Public Health: The project aims to improve social environmental conditions by creating a sense of community and resilience among participants. By building a network of support and understanding, it enhances the community's capacity to cope with climate-related health threats and adapt to changing environmental conditions. This improved social environment is likely to result in better public health outcomes as individuals become more emotionally resilient and better prepared for climate-related health emergencies.

In summary, our project in the Public Health category addresses the intersection of public health and environmental issues, increases accessibility to mental health resources, and fosters improved social environmental conditions to enhance public health and preparedness against climate-related health threats in the Flagstaff community.

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**Q15**

**Project Innovation:** Describe how this project is innovative. Innovative projects use new methods or strategies, significantly refine existing ones, and/or apply existing methods or strategies to new contexts. Highly innovative projects can provide knowledge that people in the future with similar goals can learn from and apply.

To our knowledge, a grant application of this type has not yet been submitted and we're unaware of a similar group that exists within the city of Flagstaff that is led by professionals from a community based counseling practice..

This project is innovative in several ways:

**Integration of Ecotherapy and Mindfulness:** The combination of ecotherapy principles with mindfulness practices in an outdoor setting is a novel approach. While both ecotherapy and mindfulness have shown benefits for mental health, blending them in this context provides participants with a unique and nature-based therapeutic experience, which has the potential to be a model for future programs addressing climate-related psychological challenges. Though research into treatment for eco-distress (e.g. eco-anxiety) is still a relatively new endeavor, preliminary research shows that connection with community and connection with nature are two major factors that promote wellness and resilience in the face of the climate crisis and its psychological impacts. A psychotherapy group that meets in various outdoor settings in the Flagstaff area will foster community connection around a central theme while also reaping the proven benefits of mindfulness and time spent in nature.

**Targeting Climate-Related Mental Health:** While there is growing recognition of the mental health impacts of climate change, there are still limited programs specifically designed to address this issue. Our project pioneers a focused initiative to tackle climate-related stress and anxiety, filling an important gap in public health interventions and potentially serving as a reference for other communities facing similar challenges.

**Community Resilience Building:** The emphasis on building a resilient community of peers is an innovative aspect of this project. It recognizes that addressing climate-related mental health requires not just individual coping strategies but also a supportive social network. By fostering resilience within the community, this project provides a comprehensive approach to dealing with the psychosocial impacts of the climate crisis.

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**Q16**

The city of Flagstaff is committed to carbon neutrality by 2030. The carbon neutrality plan aims to reduce impacts and emissions (mitigation) and also incorporates strengthening communities (resilience and adaptation) and prioritizing the people most impacted by climate change (equity.) How does this project support the Carbon Neutrality plan? Additional Helpful Resources: The City of Flagstaff Carbon Neutrality Plan (pages 7-12) and the City of Flagstaff Take Action page. Review the Grant Scoring Rubric for this question. Attend the Grant Workshop or Grant Office Hours to ask questions. Details for these opportunities will be available on the Neighborhood Sustainability Grant website here. Utilize the EPA emissions calculator, FoodPrints Emission Calculator, Project Drawdown Table of Solutions, and/or search engines to look at your project's impact and/or emissions. Contact the grant coordinator with any questions to talk through how your project may/may not support the Carbon Neutrality Plan: [sustainability@flagstaffaz.gov](mailto:sustainability@flagstaffaz.gov)

Emissions Mitigation: Participation in the ecotherapy group promotes a deeper connection with nature and an increased understanding of the importance of environmental stewardship. As individuals become more attuned to the natural world, they are likely to adopt sustainable behaviors in their daily lives, such as reducing energy consumption, minimizing waste, and supporting eco-friendly practices, contributing to emissions mitigation at the individual level.

The group's curriculum includes education on the environmental impacts of climate change, helping participants comprehend the biopsychosocial consequences of greenhouse gas emissions. This knowledge can inspire individuals to advocate for and participate in local sustainability initiatives and encourage community-wide emissions reduction efforts.

Resilience & Adaptation: The ecotherapy group emphasizes mindfulness and emotional resilience, which are crucial attributes for coping with the emotional stress and anxiety associated with climate change. Participants learn strategies to manage climate-related psychological challenges, enabling them to adapt more effectively to the changing climate and its potential consequences. Nature-based interventions offered in the program help individuals develop coping skills rooted in their connection with the natural world. This connection not only enhances emotional resilience but also provides a sense of empowerment in the face of climate uncertainties, contributing to community-wide adaptation efforts.

Equity: The ecotherapy group is designed to be inclusive and accessible to individuals from diverse backgrounds, regardless of their socioeconomic status. Offering scholarships and offsetting participation costs ensures that underserved and vulnerable populations have access to these essential mental health resources, addressing equity concerns and ensuring that the benefits of the program are accessible to all. By fostering a sense of community within the group, the program encourages social support networks to form. These networks can provide valuable resources and assistance to individuals who may be disproportionately affected by climate change, contributing to greater equity in climate resilience and adaptation. Additionally, the group curriculum will include a discussion about ecofeminism and climate justice, which will enhance participants' understanding of how identity and pre-existing social and structural inequities inform climate outcomes and engagement with advocacy.

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**Q17**

Community Partners: List the individual(s), community groups, or not-for-profit organizations affiliated with the project and describe the responsibilities of each. Describe which of the cooperating organization(s) have already agreed to participate in the project and provide contact information for a person from each organization. For some projects, it may be appropriate to list organizations that you anticipate cooperating with but do not yet have a commitment from.

Community Partner 1:

**The main group initiating and producing the project is Beyond the Pines: A Flagstaff Wellness Collective. From this group, two individuals will maintain the responsibility of ensuring the project's production and completion. First is Jenna Gibson. At the time of project she will be a licensed associate counselor in the State of Arizona and an employee of Beyond the Pines. She will be responsible for curriculum development and facilitating the group. Next, is Cody Bayles who is a co-founder of Beyond the Pines and both a Licensed Psychologist and Licensed Professional Counselor in the State of Arizona. He will be responsible for creating connections with community partners, assisting in curriculum development, and co-facilitating the group. Both Jenna and Cody will work together to ensure the project's continuity, in addition to producing the video series.**

Community Partner 2:

**Various professors and students at NAU, e.g. Lindsey Faulkenburg who is a MA student in Sustainable Communities, lef237@nau.edu**

Additional Space for Comments:

**Several ideas for partnerships exist on the individual and community level and further cementing these partnerships for the project will depend on the project's approval and curriculum development. Ideas for partnerships and who we anticipate contacting include: Northern Arizona University Dept. of Sustainable Communities, Lindsey Faulkenberg Dept. of Civil and Environmental Engineering Dept. of Biological Sciences (School of Earth & Sustainability contacts, School of Forestry, Astronomy and Planetary Science, etc.) Dept. of Anthropology Dept. of Comparative Cultural Studies, Katrina Maggiulli, Ph.D. Women & Gender Studies Program, Frances Julia Riemer, Ph.D. Office of Native American Initiatives (ONAI) NAU Green Fund City of Flagstaff Sustainability Office Native Americans for Community Action Grand Canyon Trust Tó Nizhóní Ání Colleen Cooley Flagstaff Mountain Film Festival Forestdale Farms Northland Family Help Center Northern Arizona Climate Change Alliance (NAZCCA)**

**Q18**

Expected Challenges / Previous Experience. Describe any expected challenges and how you anticipate overcoming these. Include relevant experience overcoming these challenges if applicable.

## 2023 Neighborhood Sustainability Grant Application

Anticipated challenges for this project may include:

**Recruitment and Participant Engagement:** Engaging individuals who may be experiencing climate-related stress and anxiety can be challenging. To address this, we plan to collaborate with local community organizations, including an ARTx installation about the climate crisis, and mental health providers who can refer participants. We will also employ outreach strategies, such as community word-of-mouth and social media, to raise awareness and interest.

**Resource Allocation:** Managing funding for materials, curriculum development, and participant support may require careful budgeting. We will use grant funds efficiently by prioritizing essential resources. Access to the in-person group for people who may not have the means poses a challenge. However, funds from the grant will be used to offer two full-ride scholarships and offset up to half of the group cost for others.

**Transportation:** In order to address transportation and accessibility challenges for our mindfulness-based ecotherapy group, which will be conducted in various outdoor locations, we have intentionally chosen outdoor sites that are easily accessible by public transportation in the Flagstaff area and would not pose significant terrain challenges for participants with mobility restrictions. Open and continuous communication with our participants will allow us to understand their specific transportation requirements and offer personalized support. This comprehensive approach ensures that our program remains inclusive and welcoming, allowing individuals from various communities to engage in nature-based mindfulness practices comfortably.

**Weather and Outdoor Logistics:** Conducting mindfulness and ecotherapy sessions outdoors can be weather-dependent and logistically complex. We will have contingency plans for adverse weather conditions and seek suitable outdoor locations that are accessible and safe for participants. In a weather-based worst case scenario, we can use Beyond the Pines group room to ensure continuity of care.

**Cultural Sensitivity and Inclusivity:** Ensuring that the program is culturally sensitive and inclusive to all community members may pose challenges. We will draw from our experience working with diverse populations and collaborate with local cultural organizations to tailor the program to be inclusive and respectful of different backgrounds and beliefs.

**Long-Term Sustainability:** Ensuring the project's sustainability beyond the grant period is crucial. We will explore avenues for continued funding to keep the group financially accessible to those in need of support, such as seeking additional grants or integrating the program into existing community health initiatives. Given that this project represents a pilot psychotherapy support group, there are costs associated with getting the group established, such as curriculum development and purchasing of materials, that will not be required to sustain the project in subsequent iterations. As such, the cost to sustain the project will be less than the cost to initiate the project, which will help keep the group low-cost for community members.

Additionally, in Spring 2023, Jenna had the privilege of leading the development, marketing, and co-facilitation of a Climate Change Support Group on the Northern Arizona University (NAU) campus under the supervision of Dr. William Kolodinsky, LPC, while a Masters student in the Clinical Mental Health Counseling Program. This initiative was driven by a strong commitment to addressing the psychological and emotional impacts of climate change within our community.

In the development phase, Jenna worked collaboratively to create a comprehensive curriculum that focused on providing participants with a safe space to discuss their feelings, fears, and anxieties related to climate change. This curriculum was informed by the latest research in ecotherapy and mindfulness, ensuring that participants had access to evidence-based coping strategies.

To ensure the success of the group, Jenna took a proactive role in marketing the program on the NAU campus, utilizing various channels, including campus newsletters, direct outreach to faculty and professors of key departments, and partnership with relevant student organizations, to reach a wide audience. This approach resulted in a diverse group of participants who brought unique perspectives and experiences to the sessions.

Jenna additionally developed an IRB proposal and engaged in quantitative and qualitative research on the group experience to inform future endeavors in developing a successful climate resilience psychotherapy group.

The experience of developing, marketing, and co-facilitating the Climate Change Support Group was immensely rewarding. It not only demonstrated the growing need for such initiatives but also highlighted the positive impact they can have on individuals and communities. This experience has solidified Jenna's commitment to promoting mental well-being in the context of environmental challenges and has prepared Jenna to lead similar initiatives in the future.

### Q19

**Project Milestones and Timeline:** Provide a list of project milestones with an approximate timeline. Include details necessary to accomplish each milestone. Note: Funding can only be utilized for activities completed after January 1.

October 2023-January 2024: Recruiting volunteer speakers for the group who have expertise in a variety of climate-related disciplines.

January-May 2024: Development of curriculum including finalizing partnerships, purchasing of materials, community outreach and marketing.

May 2024: Screening of group members. Group members to complete appropriate intake materials, such as consent forms for the group.

June 2024-August 2024: 1 90-minute group session per week for 10-weeks. Following, will evaluate the effectiveness of the group and make adaptations for future groups and the video series.

August 2024-December 2024: Will adapt the group curriculum and create a mini-film series for further dissemination beyond this calendar year.

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### Q20

**Project Longevity:** Describe how your project and/or its impact might continue beyond the grant term. Will the project have a lasting impact on the community?

The long-term impact of our project on Flagstaff citizens' awareness of climate issues, its impact on mental health, resilience, and coping skills is a critical aspect of its sustainability. The group will ideally gain momentum and recur on an at least yearly basis, in addition to the video series which will be available for free on multimedia platforms.

**Climate Issue Awareness:** By offering education on the psychosocial impacts of the climate crisis, our project helps raise awareness among Flagstaff citizens about the link between environmental changes and mental health. Over time, as participants share their experiences and knowledge with their families, friends, and the broader community, awareness of these issues is likely to spread organically.

**Mental Health Awareness:** Through our program, participants will become more aware of their own mental health and well-being, including how climate-related stressors can affect them. This increased self-awareness can lead to proactive steps to manage stress and anxiety, which participants can continue to apply in their daily lives long after the project ends.

**Resilience Building:** The project's focus on building resilience is designed to equip Flagstaff citizens with lifelong skills to cope with adversity, including the ongoing challenges posed by climate change. As individuals become more resilient, they can serve as role models and sources of support for others in the community, fostering a culture of resilience that endures.

**Coping Skills Dissemination:** The coping skills and mindfulness techniques taught in our program are transferable skills that participants can share with their social circles. By disseminating these skills, individuals contribute to the broader community's ability to address climate-related mental health issues, ultimately fostering a more resilient and well-prepared community.

**Feedback Loop:** We plan to establish a feedback loop with program alumni and community members, allowing us to continually assess the project's impact on awareness, resilience, and coping skills. This feedback will inform future program iterations, ensuring that the project remains relevant and effective in addressing the evolving needs of Flagstaff citizens.

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### Q21

**Other Project Details:** If appropriate, describe current use of site and relevant details of ownership. Proceed to the next question if you need to upload a map or photo of the site.

The group will take place at various public places in outdoor spaces which are accessible throughout the town. The building of Beyond the Pines, which will be used as a backup in case of weather, exists in north downtown on 606 N Beaver St. The building is owned by a Flagstaff citizen and leased by the company. It consists of 6 office spaces, a waiting room, and a lounge/break area for the team, which has been used in the past for various events including Flagstaff Mountain Film Festival seminars and parenting seminars/trainings for parents of Transgender youth.

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**Q22**

Respondent skipped this question

Optional Upload: Upload a map or photo of the site (file size limited to 16MB).

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**Q23**

Detailed Budget and Budget Narrative: Provide the total project budget in detail, specifying which aspects of the project are to be funded by the Neighborhood Sustainability Grant and include any additional funding sources. The narrative should provide a general overview of how the grant funds would be used. If using the/an optional budget template, please type "See attachment."

To successfully launch and sustain this mindfulness-based ecotherapy group, we are seeking funding in the amount of \$7,500, which will be allocated as follows:

Full-Ride Scholarships for Two Group Members (\$1,000): We recognize the importance of ensuring equal access to our ecotherapy group, irrespective of financial constraints. To this end, we propose offering full-ride scholarships to two deserving individuals, enabling their participation in our program and contributing to a diverse and inclusive community.

Offsetting Group Costs for Additional Members (\$2,000): Our commitment to inclusivity extends to accommodating up to 8 additional members by offsetting their participation costs. A maximum allowance of \$250 per participant will be provided, ensuring that financial considerations do not hinder anyone's involvement in our mindfulness-based ecotherapy group.

Stipend for Group Co-facilitators (\$3,000): Our dedicated co-facilitators play a pivotal role in guiding and supporting participants on their mindfulness and ecotherapy journey. To honor their expertise and commitment, we are allocating funds to provide stipends during the curriculum development and training process, ensuring the sustainability of our project.

Marketing Costs (\$150): Effective outreach and promotion are fundamental to the success of our program. We will allocate \$150 for marketing efforts, including advertising and community engagement, to attract participants from various backgrounds and communities.

Printing Costs (\$150): Our program relies on printed materials for activities and curriculum delivery. Allocating \$150 for printing costs will help us produce necessary materials, ensuring an enriching and informative experience for participants.

Curriculum Materials, e.g., Books for Ecotherapy and Mindfulness (\$200): Bibliotherapy is a valuable component of our program, aiding in personal growth and self-reflection. We will allocate \$200 to acquire relevant curriculum materials, such as books, that support participants in their journey of self-discovery through nature and mindfulness.

Educational Video Production for Climate Resilience (\$1,000): To extend the reach of our program and raise awareness about climate resilience, we will allocate funds to produce educational videos. These funds will go towards purchasing pre-owned and/or refurbished audiovisual equipment, including a camera, memory cards, microphone(s), lighting, and video-editing resources. The resulting videos will serve as a valuable resource for a wider audience, delivering insights on building emotional resilience in the face of climate change.

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**Q24**

Respondent skipped this question

Optional Budget Upload: Upload your budget and narrative (file size limited to 16MB). Here is a Budget Template.

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**Q25**

Community References: Include at least two independent references.

Reference 1 (R1) Name:	<b>Dr. William "Pit" Kolodinsky, Ph.D., LPC</b>
R1 Affiliation:	<b>Northern Arizona University Dept. of Educational Psychology</b>
R1 Occupation:	<b>Professor and Program Coordinator for the CACREP-accredited M.A. Clinical Mental Health Counseling program on the Flagstaff Mountain campus</b>
R1 Phone:	<b>928-523-8495</b>
R1 Email:	<b>Pit.Kolodinsky@nau.edu</b>
Reference 2 (R2) Name:	<b>Dr. Peter Friederici</b>
R2 Affiliation:	<b>Northern Arizona University, Dept. of Communication &amp; Dept. of Sustainable Communities</b>
R2 Occupation:	<b>Professor and Published Climate Writer</b>
R2 Phone:	<b>928-523-6378</b>
R2 Email:	<b>Peter.Friederici@nau.edu</b>

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**Q26**

Respondent skipped this question

Optional - Letters of Support: Letters of support are optional. If your application includes letters of support, please compile your letters into one PDF and upload (file size limited to 16 MB) here. Use the following file name: Your Name\_Your Project Title Abbreviated\_Sustainability Grant\_Month Year.

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Page 4: PART III: APPLICANT SIGNATURE

**Q27**

I have read and understood the information regarding my application for a Neighborhood Sustainability Grant and I understand that the grant money is not a prize for personal profit or gain and is strictly for the project described. I further understand that the City of Flagstaff has the right to allocate and supervise the spending of the grant money and when projects do not proceed within the stated timetable, the City of Flagstaff reserves the right to request that the grant be refunded. I understand that recipients of these grants may be invited by the City of Flagstaff to participate in promotion and publicity of the project. Please type your name below to electronically sign and signal your agreement to these terms and conditions listed in the Grant Guidelines.

Applicant Electronic Signature:	<b>Jenna Gibson</b>
Title:	<b>Masters Student in Clinical Mental Health Counseling at NAU and Supervised Counseling Intern at Beyond the Pines, LLC</b>
Date:	<b>9/30/2023</b>

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